

*La sot na ka Mariang (Vol. V)*

Kiba Ngi Khoti

J A

S. Khongsit

Acc. No. 2541/3, FG.  
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Author Khangsit. S.  
Title Ki ba ngi khat Ja

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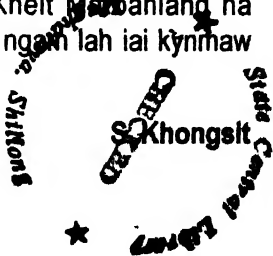
## JINGSNGEWNGUH

Ha kaba pynmih ia kane ka kot, nga la ioh shibun ki jingiarap kiba kordor eh na ki lok ki jor bad na kiba bun ki riew rangbah ki riew tymmen kylleng ka ri Khasi. Kane ka jingiarap ka dei ha kaba ai ka jingtip ia ka Mariang. Nga la ioh ka jingleh sbun na iwei pa iwei kat kiba nga wad jingiarap. Nga dap da ka jingsngewnguh bad jingpyrto eh ia ki.

Ngan buh katto katne ki kyrteng kiba nga lah ban kynmaw, bad nga kyrpad ruh ia kito kiba nga kum klet, kin ym sngew ei ei hynrei ka jingiarap jong baroh ka la kynthup ha ka jingpyrto.

I Kong Bilianti Rynjah na Jalynteng kiba la pynithuh ha nga ia u 'tiew Jalynteng uba nga iai wad naduh ka snem 1959. I Meirad Heribon jait Swer (ba la khlad) Na Mawmihthied. I Kong Kedri Nongrum na Swer, I Parad Kynji Shadap (ba la khlad) na Sohnidan.

U Bah Minot na Mawsohmad, Bah Mynjurlang na Kongthong, Babu Koren Khongsit na Kongthong, Bah Kres Diengdoh na Kshaid, I kpa U Pro, Bah Bedrik (ba la khlad) na Kshaid, I Ma Nodon Roy Khongsit (ba la khlad) na Nongthymmai, Kong Lida Khonglam (ba la khlad) na Sohkynduh, Bah Jebese na Kshaid, I bah Joy Nongkhlaw (ba la khlad) na Laitkor, Bah Bronel Khongji (ba la khlad) na Laitmawsiang, I Bah Klar Singh Khongrymmai (ba la khlad) na Saitsohpen, Kong Sephiti Khongngain na Saitsohpen, Bah Seprian Khongwir na Sohkhmi, Bah Pristar bad Bah Dwin na Sohkynduh, Ma Dwiat Khongsit na Thangtim, Bah Sindro Lyngdoh Nongkynrih (ba la khlad), Kong Wari Marbaniang (ba la khlad), Kong Ip Marbaniang (ba la khlad) bad i Kong Kheit Marbaniang na Mawphlang. Nalor kine don bun bah kiba nga lah iai kynmaw bad ym iai lah ban thoh lut.



(ii)

### **KHYNDIAT NA U NONGTHOH**

Ka Mariang ka dap da ki jingtip kiba kordor ia kiba la buhrie ha ka. Kito kiba wad ia ka kin shem ba katba nang wad kin lap ia ki jingtip kiba thymmai. Ym don mano mano ba lah ban tip lut ha ka shisien tip ia ki jingmaian jong ka. Dang kham mynshwa ia ka Soh Jariem la ju niew ba ka long ka jait dieng kaba boi dkhiew bad iwxhong eh, hynrei mynta la shem ba ka long ka dawai kaba kordor eh. la u bat moina ki brieu ki iuh hapoh ki pohjat jong ki, mynta pat la shem ba u long u kynbat uba lada bam ia u, u ai bor ia ka bor jabieng (brain tonic). la ka pyrshit la ju niew ba ka kham kyrpang ha kaba ialam ia ki snaiap lyngba ki wah iar bad ki wahbah, hynrei mynta la lap ba kane ka dieng ka pynmih ia ka rong kaba itynnad, kumta ka la long bad kan iai long ruh kumta.

Ha ine i kot nga la pyrshang ban lum ban lang ia ki mar khlaw kiba ki long shuwa jongngi ki la jer da ka kyrteng "Ja" Kane ka jinglum ka long kaba dang khyndiat eh Nga ngeit ba ki dang don shibun ia kiba la khot da kane ka kyrteng, hynrei wat la ka long ka jingpyrshang kaba rit, ngam artatien ba ka don la ka jong ka dor ban ai jingmyntoi ia ki nongpule bad ruh ia kito kiba imsngi ia ka Mariang.

**S. Khongsit**

"Shynna Diengiei Cottage"  
San Mer, Upper Shillong  
The 17th, May 1999

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## **U JAKHRIA (GENARACANE)**

### **Rhynchotechum Ellipticum**

Une u dei u jhur uba mih kynrei ha ki khlaw ka ri Khasi-Jaintia. U kham juh eh ha ki jaka dymmiew, hynrei um don ha ki ri jrong. Ki sla jong u ki long kiba jyrngam bad jlih na ka liang ba sha jrong, bad kham byrlich naka liang ba shapoh. Ki sla ki heh antad kat ki sla Jalynnoh. Ha ka kyrteeng Science ki jer Gesnaraceae Rhynchotechum Ellipticum, u puh syntiew ha u October bad ki puh ki rit bad lam byrlich.

U long u jait jhur khlaw uba bang shibun bad u long uba long ban bam im ruh. U Jakhria u pynbha kpoh bad um ktah eiei ia ka kpoh wat lada bam bun. Kiwei kiwei ki jait jhur khlaw, wat la ki long kiba bang, ym lah ban bam bun. Kum u Jali ym lah ban bam bun. U Jarain lada bam bun bad pyrti u krih haduh ba la sngew shitom. Hynrei u jakhria um don kano kano ka jingktah.

Une u jait jhur u la kyrshan radbah ia u paid duk ha ka por nemsnew. Tang mar shu kut ka thma bah ba-ar, la don ka jingkiew dor kynsan u khaw, bala ju tip ha ka thain Sohra kum “Ka por khaw lai tin”. Kata ka mut shityngka lai tin pawa u khaw. Ha kata ka por, lynnian kaw ki thain riwar bad thain rilum kumjuh. Ki briew ki ieng paitbah ka leit wad khoit kait, tlai etc. Hynrei haba la bam bun, ioh sa ka pynhiar kpoh. U Jakhria kumba la ong sha khmat, um ktah eiei ia ka kpoh. Kumta buh ki briew ki la mih ka leit kheit jakhria man ka sngi. Kiba ia bun katno katno ha iing ruh, ki shet bun da u jakhria bad tang shi tin ne ar tin duh u khaw.

Ha ka jingthoh u Rev. Khnong (ba la khlad) ha ka heading, “Khyndiat shaphang la ka jingim” u kynthoh shaphang u jakhria. U iathuh ba ha ka thma kaba la jia ha ri Jaintia ha ka snem 1862, ka shnong Shangpung ka la ieng ban ialeh ia ka Sorkar hapoh ka jingialam u Kiri Doloi. Hangne,

ngan sei ia ki kyntien jong u Rev. Khnong hi tang khyndiat kaba iadei bad u jakhria. “Ki shipai Sorkar ki la pyniap ia u Kiri Doloï bad ki la shong Karod ha Shangpung bad bun na ki shnong Shangpung ki la leit phet rieh sha khlaw. Ngi ruh ngi la iabud ia ki, ngi shu iabam da u jakhria ba la shet bad kumba shi kham u khaw; ngi la ia bam ruh bunsien shisngi namar bym kdang ka kpoh”.

U Jakhria u long ruh uwei na ki jingbam ba kongsan jong ka khiat kaba long kawei na ki jait mrad kiba ngi niewkor eh mynta. Kumta ngi iohi ba une u jait jhur khlaw uba kyrshan ia u brieve ha ki khep ki khep, u long ruh u jingbam ba donkam eh ia ki mrad ha khlaw.

**Jalyngiar (*Sunchus Arvensis*) :** U Jalyngiar u dei u jait jhur kthang uba bha eh ban bam. U long uba la don ha kine ki lum naduh hyndai hynthai. Ia u Jalyngiar long ban shu bam im bad bam shet ruh. Na ka bynta ka kpoh u long uba pynbha shibun eh.

Ia u Jalyngiar lap ha ri tbian bad ri jrong ruh. Hynrei um da juh ha ki jaka ba khriat eh. Ha ki thain Upper Shillong, lah ban lap tang haduh ki jaka kiba jrong kumba 1700 meter na sla duriaw, kata haba u mih hi. Hynrei lada thung u long hangno hangno ruh. Ki phuh ki stem bad phuh heh ha ki bnai synrai. Ki phuh jong u haba ki la iaw ki long phom phom. Kumta la pynphriang symbai da ka jingrah ka lyer.

**Jabuit (*Acanthacae Phlo Gocanthus Gamfleï*) :** Une u dei u jait jhur uba jew byrjup. U mih ha ri tbain bad ri jrong ruh. Ki phuh jong u kiba lieh. U phuh rieh ha ki bnai Synrai. Ki sla ki jrong lyshoin-lyshoin.

**Jalyngkthem Saw :** Kane ka dei kawei pat ka jait Jalyngkthem. Don kiba khot ia ka ka Sohkhthut. Ia ki soh ju bam kai ki khynnah - haba bam ia ki, ki shyntur jong ki ki saw hoin hoin. Ka jingiathuhkhana ka ong ba kito ki khunswet ba kylla langwarku, ki bam da ka sohkhthut bad sa saw ki shyntur jong ki. Ki phuh ki byrsaw itynnad. Don ruh kiba khot ia ka ka soh kum. Ki sla jong ka ki long dawai ban bon ia ka snam.

**Jalyngap lieh (*Seneciodensiflorus Astecaceae*) :** Kane ka dei ka kynja dieng rit kaba mih ha ri tbian bad ha ri jrong. Ki sla na shalor ki jyrngam hynrei na ka liang ba shapoh ki lieh bha. Dei na kane ka daw ba don kiba khot ia ka ka jalieh. Ka phuh syntiew por tlang. Ki phuh ki long kiba u ioh jingbam u ngap. Lehse lah ban ong ka dei kawei na ki jingham ba bha tam jong u ngap. Dei ha ka por ba phuh kane, ba ngi ioh ka ngap kaba stem itynnad bad ba bha eh

**Jalyngap iong (*Inula Cappa Asteraceae*):** Kane ka dei kawei pat na ki jait dieng rit kaba ia mih ryngkat bad phuh ha ka juh ka por bad ka Jalyngap lieh. Ki sla jong kane ka jait ki iong. Ki phuh pat ki stem bha. Kane ruh ka dei kawei na ki syntiew kiba u ngap u ioh jingbam. Na ka sla jalngap lah ban ioh ia ka rong stem.

**Jaskei :** Une u dei u jait jhur u ba mih ha ki ri jrong. Ha ki khlaw kseh Upper Shillong u mih kynrei. U kham juh ha ki jaka synthem bad rished lum. Ki sla jong u ki jrong lyshoin-lyshoin. U bang eh ban bam ha ki bnai pyrem-pynnoh Lyiur namar u dang shu sdang khie lung. Ia une u jhur bun ki shu bam im. U don ka jingiw kum u sohkhia. Don kiba khot ia u u sohkhia skei.

**U Jamiaw :** Une u dei uwei pat u jait jhur bam im uba mih ha ki ri jrong. U don ka jingsyriem ia u shrita. U khie lung ha ki bnai pyrem bad phuh ruh ha ki bnai Lber-laiong. U phuh jong u, u long rong japang. Ia u Jamiaw ki shu khleh in kumba leh ia kino kino ki jhur bam im. Ha ki por mynshuwa u mih kynrei ha ki khlaw Lum Shillong. Mynta ruh dang lat ban lap ia u, tangba um don kynrei shuh kumba mynshuwa Ka la poi ka por imat ba la dei ban ri tyngkai ia u.

**U Jamiaw Madan :** U Jamiaw madan u don kynrei ha ki khlaw kseh ha ki ranab u Lum Shillong U sla jong u, u don ka jingiasyriem katto katne bad ki sla ka Jakhi Shniuh. U phuh syntiew ha ki bnai Synrai. Haduh mynta ia u Jamiaw Madan ki pyndonkam tang ha kaba bsa sniang.

**U Jathang :** U Jathang u dei u jait jhur bam im uba kthang palat. Don ki bym lah shah ia ka jingkthang jong u. Kumta ki da sait shuwa ban bam khnang ban kham duna ka jingkthang. U iap lut ha ka por tlang bad khie lung ha ki bnai Pyrem. U phuh syntiew ha ki bnai Synrai. U syntiew jong u, u long ha ka dur jong ka jingspong jong kiba nang spong. U lieh artat kshoid kshoid.

Ka jingiathuh khana ka ong ba u Tiew-Jathang u dei u riew rangbah uba long kum u kynja Kni jong ka Tiew Lalyngngi. Ha ka por ba Lalyngngi ka leit sha lypung shad, dei u Tiew jathang bad u Tiew Pawang lum kiba leit ban ialam bad synran ia ka. Na ka liang ki paralok kynthei la leit synran da ka jatdoh. Dei na kane ka daw ba u Tiew-jathang uba long u nongleit ialam ia ka ba u da spong bha bad itynnad, pynphuh pynphieng ia la ka jain spong.

Hynrei haba ka Lalyngngi ka la leit poi dier por sha lypung shad u la sngew lehraiñ suin, kumta u la leit phet rieh sha ki jaka synthem sha rished lum. U tiew Pawanglum u phet rieh sha ki ranab lum ba kynjah katba ka Jatdoh ka paralok kynthei kaba tang ma ka, ka la leit buhrieh sha kyndon riat. Ia kine baroh lai jait ngi lap kynrei ia ki haduh mynta kum ha kita ki jaka.

Ha ka jingiathuh khana shaphang u Sier Lapalang kaba long kawei na ki khana myllung jong ka ri, la iathuh ba u la ong ia la ka kmie, ba u kwah eh hir-hir ban bam ia u Jangew Jathang (ban ia shem). Ka daw jong kane, ka long namar ba u kwah eh dik dik ban iashem bad ka Lalyngngi kaba la pawnam ha ka jingbha briew. Hynrei kum u riew don burom u tip ba ka lad kaba thikna tam ban ia kynduh bad ka, ka dei tang lyngba u tiew jathang uba ka shaniah kum ia la u kni rangbah. Ka kmie jong u pat kaba tip bha ia ka jinglong jong ka Lalyngngi; kam mon. Hynrei wat la ka kmie ka khang katlah katiai, um banse ban pynlah ia ka, namar u la thmu skhem kum u samla rangbah ban tur ia ki jingeh baroh tang ban iashem bad ka.

**U Jatira :** U dei u jait jhur uba mih ha ki ri jrong. U kham juh ha ki phud. U syriem katto katne ia u 'batsharak tangba u 'batsharak u rit bad sma sharak. U Jatira u long uwei na ki jait jhur khlaw uba kordor shibun. Lah ban bam ia u ha kano kano ka rukom da kaba shu khleh im, sdieh bad shet um. U iadei shibun ban bam kiba don jingshitom kpoh. U long ruh u jait jhur uba ngi lah ban ioh lajan baroh shisnem. U sdang khie lung ha ki bnai Lber bad ioh ia u haduh u Naiwieng ne Nohprah. U long ruh uba iadei ban shet lang bad kiwei ki jait jingtah kum ka puria, ka dohkha, doh, u phan etc.

**U Jada dieng :** Une u Jada u long u dieng rit. Haba u dang khie lung ki sla lung ki saw itynnad. U iadei eh ban shu sdieh. Une u jait um da don kynrei ha ki ri khriat. Kham lap bun ia u ha ki ri syiad.

**U Jada Hati :** Une u Jada ruh um da don kynrei. U phuh jong u u syriem ia u luta hati. Ki symbai jong u ki syriem ia u shyieng jong u nei lieh.

**U Jada shnong :** Ia u Jada shnong ruh lah ban pynbynta ha ki ar jait. Uwei u jait uba saw jngum, uwei pat uba lieh. Kine baroh ar jait ki iamih ryngkat ryngkat. Ka jingmad ruh ka long kumjuh. Kine ki mih kynrei ha ki lynti shnong. Ki mih ha ki kynroh, harud ki nala bad ha ki kper kiba sboh. Une u jait u long uba iadei ban shu sdieh.

**Ka Jathynrait ri lum:** Kane ka dei ka jait dieng rit kaba mih kynrei ha ki ri jrong. ha ki thain sohra, lah ban lap tang haduh ki jaka kiba jrong kumba 1500 metre artet na sla duriaw. Ka Jathynrait ri lum lah ban ong ba ka dei kawei na ki dieng kiba kordor eh kiba ngi don. Ki sla bad ki snep jong ka ki iwbihi kum ka amrutanjan. Lada khniot ia kawei ka sla jathynrait ka la biang ban pynsuhsieng iwbihi baroh kawei ka kamra.

Ki phuh jong ka ki lieh bha. Ka phuh syntiew naduh ki bnai pyrem bad neh jingphuh bun bun bnai. Kumta kane ka dieng ka don bynta ha kaba bsa ia u Ngap. Ki soh jong ka, haba ki la ih ki iong kum ki soh Jahynlaw. Ki sim ki bam ia ki. Kumta ka ioh bynta ha kaba bsa ia ki sim ki doh.

Ka jingkordor jong kane ka dieng ka long namar ba ka long ka dawai kaba bha eh. Ia ki sla Jathynrait ju pyndonkam kum ka dawai kaba bha eh. Ia ki sla Jathynrait ju pyndonkam kum ka dawai kyllan haba pang met, pang thied, pang mat



etc. Don pat kiba pyndonkam ia ki sla lung kum ka dawai baiong khlieh. Ki shna dawai pangmet lane dawai kyllan da kaba khleh lang bad kiwei dei ki jingkhleh kum u sying makhir, snep Jalu, sla Jalyngkhan etc. Kiba bun ki nongshna dawai ki kubur ba ka Jathynrait ka long ka dawai kaba bha shibun eh.

**Ka Jathynrait ri war :** Kane ka dei na ka kynhun ki jait dieng rit. Ka mih tang sha ki ri tbian. Ki sla jong ka hi heh kat ki sla sohphoh nongkhlaw. Kane ka dieng ka don soh kiba shu soh ha dieng hi syriem kumba soh ka sohpien.

**Ka Jasniang :** Kane ka dei ka jait dieng kaba mih kynrei sha ki ri jrong. ha ka por tlang ka lynkhung sla bad khie lung haduh u Iaiong. Ia ki soh jong ka ki bam bha ki sim hynrei ka sla pat ka long bih ha ka por ba ka dang lung. Don kiba pyndonkam ia ka ha kaba shoh dohkha.

**U Jatung :** Une u dei u niut jem uba heh sla. Ki sla ki syriem shibun ia ka jalieh dymmiew, tangba um heh sla kum ka Jalieh dymmiew, Ha ka por tlang u iap bad khie lung ha ki bnai pyrem. u tang shu khie lung, u phuh syntiew artat. Ki syntiew jong u ki long kiba lieh bha. Ia u Jatung ki pyndonkam ha kaba theh sniang. Ki shim tang ia ki sla, ia ki phuh ki kyntait noh.

**U Jarasong :** U dei na ki jait kynbat kiba mih tang ha ki ri shit kham tam ha ki ri Bhoi. Ki sla bad ki jyntang ki saw, u phuh jong u ruh uba saw. Ia u sla ki bam jhur, u long jew byrjup. Ia ki phuh pat ki pyndonkam ha kaba wieh rong jain da kaba iakhleh lang bad kiwei kiwei de ki jingkhleh. Na une ngi ioh ia ka rong saw.

**U Jalynsiang :** U dei u dieng syntiew saw uba itynnad shibun eh. U don tang ha ki ri jrong. Sha ki ri tbian um shym hiar palat ia ki jaka kiba duna ia ka 1600 metre na sla duriaw.

U phuh syntiew ha ki bnai February haduh April. Ki sla jong u ki rben bad ki itynnad. ha ki khlaw Lum Shyllong, u long diengbah namar ba ym ju don ba pom ia u; hyrei ha kine ki khyndiat snem, bun ba la khet lut ki briew. Ia ki syntiew jong u jalyngsiang ki sim ki ioh jingbam da kaba shu kjit ia ka um syntiew. Ia ki phuh ki khynnah ki shait bam kai.

**Ka Jatangniang :** Kane ka dei ka jait dieng rit kaba don kham bun sha ri jrong. Ka phuh syntiew ha ka por synrai bad neh ka jingphuh haduh por tlang. Ki sim ba bun jait ki kjit ia u syntiew jongka. Ki sla jong ka ki iadei eh ban pdem ia u Soh Aprikot, ki ong u ih kloï haba pdem da kane ka sla, ia kane ki ju leh ha San Mer, Upper Shillong. Kawei pat ka jingpyndonkam ia ki sla jong ka, ka long ba ki buh ha ka thynriew syiar, khnang ban ym boi ka simet.

**U Jarain :** Une u dei u jait jhur uba mih kynrei ha ri jrong bad ha ri tbian. hynrei ha ki jaka bashit eh um don. U long u jait jhur khlaw uba bang bha, u lam byrjew haba u dang lung. Ynda la kham iaw u nang kham jew shuh. Ia u jarain kim da kham bam pyrti(khah khah) namar ba u par ia ka khmut ka khmat ka kti ka kjat. Ia kane ka jingpar ki khot krih jarain. Ki ju ong ba ha ka sien ba shet jarain nyngkong, thep da ka japung masi -um ju krih. Kawei pat kaba ki ju leh ka long ba kim ju bam jarain katba ym pat tied pyrthat. U Dr. Tunnel uba la trei mynshuwa ha Jowai Presbyterian Hospital, u ong ba u Jarain u dei u jhur uba pynbha ia ki khmat.

**U Jakhain : (Asteracsae pieris hieracioides) :-** U Jakhain u kham mih kynrei ha ki ri jrong. U khie lung ha ki bnai Pyrem. U jyntang bad wat ki sla, ki ibun shniuh. Ki sla ki jrong bad khain kher kher. U Jakhain u dei uwei na ki jait jhur bam im. U phuh syntiew ha ki bnai Synrai bad u phuh jong u, u stem.

Ia u Jakhain don kiba da wad khnang namar ki ong u pynbang ja. Ia kito kiba ngiah ja ruh, u iarap ban pynthngan ja. ia u Jakhain ki bam tang ia uto uba dang lung bha. uba la iaw u khain palat.

**U Jakhain pakhama (Asteraceae Hypocharis rediata)**

**:-** Une u jait Jakhain u long uba kynrei shibun eh ha ki jaka sor bad khap sor. Sha ki thain nongkyndong mynshuwa um da kham don, hynrei mynta u la bun bha namar na ki jaka ba don une u jait jhur ki leit thied eit masi, kumta la pynphriang lyngba ka sboh. Ia une u jhur wat la uba long bam, hynrei kim da kham bam namar ba dang pahuh kiwei kiwei ki jhur bam im.

**Ka Jarem :** Kane ka dei ka jait dieng kabamih kynrei ha ri tbian.hynrei la da thung ia ka ha ka ri jrong ruh ka long hi wat la kam da bha kum ha ri tbian.Haba la heh pura, ka jrong kumba 20 ne 25 phut. Ki sla jongka ki heh bad jyrngam bha, bad ki sma iwkhong.Ia ki sla lung jongka ju bam jhur tangba ki da shet thai shwa. Ki dkhiew ki boi ia kane ka dieng haduh ki sla ruh ki shait kiew. Ia ki soh, ki bam bha ki sim, u pukrong u bam bha ia ki soh jarem.

Ki sla jong ka jarem ki long dawai ia bun jait ki jingpang. Ka long ka dawai kaba ia dei eh na ka bynta ka jingpang Blood Pressure da kaba shu shet bad dih ia ka um jongka. Ju pyndonkam ruh ha ki dawai kyllan da kaba khleh lang bad kiwei kiwei ki jait kynbat.

Ki puh jong ka ki lieh itynnad bad ki long kiba ka thapbalieh bad ki ngap ki boi bha ia ki.

**Ka Jarem saw :** Kane pat ka dei kawei pat ka jait jarem kaba puh saw. Ka long ka jait dieng rit kaba ki briew ki thung na ka bynta u syntiew uba puh saw itynnad. Ki sla ki kham eh ban ia ka jarem. Haduh mynta, ym pat lap buit ban pyndonkam ei ei ia ka.

**Ka Jarem Shrieh :** Kane ka dei kawei pat ka jait dieng jarem kaba hap sla myntlang. Ia ka jarem shrieh ju pyndonkam ha kaba thoh dieng iing etc.

**Jahynwet :** U Jahynwet u dei uwei na ki jait jhur kiba mih tang ha ki ri khriat ym lap ia u ha ri tbian. U khie lung ha ki bnai Pyrem bad haba u dang lung ju bam im ia u. ki sla ki syriem shibun eh ia u jashun

**U Jaralud :** Une u dei uwei pat na ki jait mar khlaw uba ngi don ha ri Lum Khasi. U don kynrei ha Sor Shillong bad ki jaka rud sor, Katba lah ban bishar thuh, imat um juh ha ki jaka ba khriat eh, ha ki thain Upper Shillong ym lap haduh mynta ia u jaralud. Ha ki bnai pyrem, la iohi ba ki nongdie jhur bam im ki la ia sdang die ia u ha iewduh.

**U Jali :** U Jali u dei uwei na ki jhur khlaw uba kordor shibun. Ki don saw jait ki jali bad kita ki long - u jali, u jali sniang, u jali pnar, bad u jali krem. Na kine saw jait ki briew ki bam jhur tang ia ki ar jait, u jali bad u jali pnar.

Une u jait jhur u long uba pur, ki sla jong u ki jrong lyshoin-lyshoin. Ki sla jongune u jait jhur ki long kiba jem shibun eh. Ym don lehse uno uno uwei pat u jait jhur uba kham jem ban ia u Jali. Dei na kane ka daw imat ba sa ioh kynnoh ba ia ki ktien bha, ki ktien jai jai, ju long ki ktien jali jaum. Ia u Jali ki ju kham bam ha ka por tlang, namar ha ka por lyiur u jem than eh.

Ki phuh jongu ki long kiba itynnad ki long byrsaw byrtem. Haba ki la pura ka por ban long symbai, ka lyer ka kit kylleng namar ki don ki shniuh ba long phom phom kiba sting shibun eh. Kine ki long kum ki thapbniang ban kit kylleng ia ki symbai. Kane ka long ka jingpynbeit kaba phylla bad itynnad jongka mariang ban pynroi ia u jali.

Ia u jali ngim da lap kynrei kumba don kiwei kiwei ki jait jhur khlaw. Ngi lap ia u saphret saphrong ha ki ryngngi bad dymmiew la ka dei ka ryngngi ne dymmiew u kham juh ha ki jaka krem ne mawbah.

Kumba la ong sha khmat, une u jait jhur u mih ha ki krem bad ki mawbah. U ia heh ia san lang bad ki niut. Ki nuit ki nier kim pynduh ia u. Kaba kham ktah ia u jali imat dei ka rep shyrtie khlaw. Kumta kan bha shibun lada yn shu thung noh ia u ha ki dong kper khnang ban pynsah nongmuna ia une u jhur uba kordor uba ngim da lap kynrei eh ia u.

**U Jali sniang :** Une u long uba mih kynrei eh ha ki syllai. U kham juh ha ki jaka ba syaid, imat um juh ha ki ri khriat. Une u long u jait jhur uba iadei eh ha kaba bsa ia ki sniang. U long ruh uba pynsboh ia ka khyndew na ka jingpyut jongu. U jali sniang u phuh lieh syriem, ia u kynphad. Kine ki shniuh ba lieh phom phom, ki long ki thapniang kiba kit ia u symbai kylleng. Une u jait jali, wat la u don ki shniuh kum u jali kiba kit ia u symbai, hynrei u mih kynrei eh ha ki syllai phankaro.

**U Jali krem :** U kham juh eh ha ki jaka krem dei na kane ka daw imat u ioh kyrteng kumta. Une u dei uba heh sla. Haduh mynta, ym pat da lap buit ban pyndonkam ia u. Don kiba pyrshang ban pyndonkam ha kaba theh sniang, hynrei imat ka sniang ruh kam da bam bha ia u.

**Jali Pnar :** Une u dei u jait jhur bam im uba mih kynrei ha ri tbian bad ha ri jrong. U khie lung ha ki bnai Pyrem bad tang mar ia khie lung u phuh syntiew kiba saw hoin-hoin. Sha khadar Shnong ki khot u 'hur tangduma.

**Jalynteng :** Une u dei na ki jait syntiew uba itynnad shibun. Une u syntiew um don kynrei ha ri Khasi. Haduh

mynta la lap ia u tang ha ki jaka khriat hajan u Lum Shillong. Ka long kaba sngewtynnad ban ong ba une u jalynteng u long ruh u syntiew uba don ha ka History jong ki Syiem Shillong. U Dr. Homiwell Lyngdoh Nonglait ha ka kot “Ki syiem Khasi bad Synteng”, u iathuh ba ia ka Pahsyntiew la pah da une u syntiew Jalynteng na krem Marai.

U long u syntiew uba itynnad, u phuh ha ki bnai October-November. U ngap u ioh ban rong jingbam na ki phuh jong u. Nga la lap ruh da lade ha kawei ka step ba ngi leit ban kheit ia une u syntiew, la shem bun ki ngap ki boi bad kynud sngewtynnad. Kat ba ha kiwei pat ki syntiew ym da lap ba kin ia boi. Kane ka pyni ba ki ngap ruh ki ioh jingbam bha na u.

Ia ki sla jong u tiew Jalynteng, nalog ba u long ban bam, la ju pyndonkam ruh kum u dawai ha kaba tah ia ki jingmong etc.

**Jalwain Iong :** Kane ka don sha ri war thain Dawki. Ki soh ki heh kat u sohriew. Ki bam bha ki sim, ki dohkha, bad ka tyngab ka bam bha ia kane ka soh, ki soh ki ih ha ki bnai synrai, September-October.

**Japri :** Ka japri ka don ar jait. Kawei ka jait kaba long jyirmi bad don shiah teng teng. Ki dieng jyirmi kiba eh shibun,. Kawei pat ka japri kaba long dieng rit. Ki sla jong kine baroh ar jait ki ia syriem ki sla ki jong u

**Jasniang :** Kane ka dei ka jait dieng kaba don bun eh ha ri jrong. Ka dei kaba hap sla por tlang. Ka khielung ha ka por pyrem. Ha ka por ba ka khielung kim ju ai ban bam ka blang ka masi namar ki ong ba ka long bih. Ia ki sla jong ka don kiba shoh wah da kaba khleh lang bad u snep sohlia. Ki phuh jong ka kiba itynnad shibun, bad ka por phuh ka dei ka por Synrai.

**Jalyngiem:** Kane ka dieng ka mih ha ri jrong bad ri tbian. Ki sla ki iwbi, ka don ka jingsyriem ia ka dieng briew. Ka long kaba bha ban leh dieng iing bad ban thoh dieng iap.

**Jawer :** Une u dei u jait kynbat uba pur. U puh ha ka por khmat tlang. Ki puh ki lieh shoid shoid u kham juh ha ki jaka krem. U mih tang ha ri tbian ym lap ba un don ha ri jrong.

**Janailar :** Une u dei u jait niut uba phylla shibun. U puh heh ha u Nailar. U jyntang u don mat don pung. U long uba phylla ha ka rukom pynphriang symbai. U bet symbai da kaba u bsiat ia ki soh jong u haba ki la iaw, ki bthei hi bad ki shyieng ki bret thiaw. Ki sla jong u kiba jem shibun eh. Ki ju ai jhur sniang ia ki sla. Une u mih bha ha ri tbian.

**U Janailar phud :** Une u jait u kham heh. U dei hi u jait janailur uba mih kynrei ha ri jrong. U kham mih bha ha ki phud ha ka jingshisha ym dei ba u mih tang ha phud, hynrei ha ki madan bad lum ruh u mih.

**Ka Dieng Jalu :** Ka dieng jalu ka dei ka jait dieng kaba don kynrei hangne ha ri lum jongngi. Haba peit bniah ia ki khlaw ki btap, kiba bun na ki jait dieng kiba mih ha ri tbian kim don ha ri jrong, kito kiba don ha ri jrong pat kim don ha ri tbian. Hynrei ia ka dieng jalu ngi lap ba ka iadei bha ha ki rithor, bad ka heh ka plung ruh ha ki kynjang lum haduh kumba 6000 phut na sla duriaw. Nalor kata ki jait dieng ki san kloï ha ri shit hynrei kita ki juh ki dieng ki suki ban san ha ri khriat. Hynrei ka dieng jalu ka san ter bha wat ha ki ri jrong ruh.

Don bun ki jait dieng kiba ngi shem shitom ban pynroi ia ki.. Hynrei ka dieng jalu haba ka la don ha kano kano ka

jaka, ka la shu mih hi. Kawei ka long na ka jinghap symbai na kata ka dieng. Kawei pat ka long namar ki sim ruh kiba bam ia ki soh jongka, ki nang iarap ban pynphriang symbai shuh shuh.

Ka dieng jalu ka dei ka dieng kaba kordor shibun eh. Ki briew ki jer ki kyrteng bapher ha la ki jong ki jong ki jaka. Ha ki thain ri Bhoi (Raij Taiang) ki khot ka dieng Nilu. Ha Nongtluh ki khot ka dieng shyieng. Don ki jaka ha ki thain pnar ba ki khot ka dieng Satler. Ha thain Umsohpieng (West Khasi Hills) ki khot ka dieng Jein, ha kiba bun ki thain ri War ki jer ia ka ka dieng Sying. Ki Assamese ki khot ka Mezankuri bad ha Lower Assam don kiba khot ka Adakuri. Ha ka kyrteng Botany ki khot ka Labranceae Litceae citrala. Haba bishar na ka liang ka jingpyndonkam ia ka ha ki rukom bapher, lah ban ong ba kane ka dieng ka long kaba kordor shibun eh. Baroh ki bynta jongka naduh ki sla, ka snep, ki phuh bad ki soh ki leit kam lut.

Hynrei ha kane ka lynnong, ngin ia iehnoh shwa ia kita ki jingdonkam ba bun synrap jong kane ka jait dieng. Ngin ia khmih ia ka phang kaba iadei bad ka jingbsa jong ka ia ki sim ki doh (wild life). (Ia kiwei ki jinngbatai peit ha ka kot "Ki sim ki doh bad ki jingbam jongki ha Lum Shillong)

Ki soh jong ki ki heh syriem kat u soh mrit, ka por ba ki la long ban bam sim ka dei naduh August, bad ki neh haduh kumba lai bnai, ka long ka jait dieng kaba soh bun bha, ka soh haduh ban da khia hi jun..

Ia ki soh jong ka , ki bam bha ki sim. Hynrei namar na ka heh soh, ki bam bha ki sim heh kum ki pokrong, Jyllop, Kynjar etc. Hynrei wat ki paitpuraw, simsier, rawtem, porkdait, korklia, etc ruh ki la lah ban bam.



Ka tyngab ka bam bha ia ki soh jalu Ha ka aiom ba ka la ih, lah ban lap ia ki tyngab ha ki dieng jalu naduh dang step phyrngab , bad wan sa wan haduh saw san sien shisngi.

Ka soh jalu ka ih ha ki bnai ba man riewhadem. Ha ka jingiadei bad kane, ka long kaba dei eh ban pynkynmaw ba ki nongrep jong ngi ha ki thain Upper Shillong kim treh ban thung riewhadem ha ki jaka ba bun tyngab wat la u bha ruh; Kane ka long kaba shisha, namar haba la noh paidbah ka tyngab ha kano kano ka lyngkha, tang hapoh ar ne lai sngi, la lut u riewhadem.

Lada buh kawei ka jingkylli, balei ka tyngab ka wan tuh riewhadem. Ka jubab ka long 'namar ba ym don jingbam shuh ha khlaw.'

Lada ngi ri tyngkai ia ka dieng jalu. ha ki khlaw ki btap bad ha ki kynti jong ki briew, ka lyngkha riewhadem kin ym don jingma na ki tyngab. Kumba la kynthoh sha khmat, ka tyngab ka bang eh ia ki soh jalu, kumta, kan shu lap miet lap shai kaba bam ia une u soh bad ruh ia kiwei kiwei ki soh dieng. Kane kan long ka jingkyrkhu kaba khraw, ia ki tyngab, ia ki sim ki doh, bad ia ki nongrep.

**Ka Jarumshiah (Zehneri heterophylla) :** Ka Jarumshiah ka dei na ki jait jyrmi rit. Haba bishar na ka jinglong ki soh bad ki sla, ngi iohi ba ka jarumshiah ka don bun jait. Don kaba heh soh, don pat kaba rit soh, don kaba shrong sla, don ka bym da shrong eh. Don kaba kham pyllun sla, don pat kaba shaltein sla

Ia ka jarumshiah, ki bam bha ki briew ki sim bad ki mrad ruh. Ki soh ki ih ha ka por synrai bad khmat tlang. Ka jarumshiah wat la ka long kaba rit ki jyntang, ki soh pat ki heh. Ki soh kiba heh ki jrong kumba 3 ne 4 inshi. Haba ki la ih, ki saw hoin hoin. Ka jarumshiah ka heh ka plung bha ha ki ri tbian ba syaid. Hynrei ngi lap ba ka don kynrei ha ki ri khriat.

Ka jarumshiah ka dei ruh kawei na ki dawai kynbat kaba kordor shibun. Ka dongkhong ne dohmet jong ka, ka long dawai ban pynjem ia ka eh kpoh (constipation).

**Ka Jashun (Verbanaceae Calicarpa ruvela) :** Ka jashun ka long ka dieng rit kaba don ha ri tbian bad ha ri jrong. Ha ki thain u lum Shyllong kane ka dieng ka don bun bha. Ki soh jong ka ki saw hoin hoin haba ki la ih. Ki ih ha ka por synrai bad sah haduh por tlang.

Ki sim rit ba bun jait ki bam bha ia ki soh jong ka. Ki sim rit kiba juh ban shong ha ki bniap kum ki sim sla, sim leit iew, sim krai etc ki bam bha ia ka soh. Kine ki sim rit ki don bun ha ki thain u Lum Shyllong dei ma ki kiba pynmih ki sur pah kiba rit ha ki law bniap. Hynrei ki don la ka jong ka dor, haba ki pynmih ia ki sur jingrwai kiba rit.

**Ka Jahynlaw (viburnum cariaceum) :** Kane ka jait dieng ka mih ha ri tbian bad ka ri jrong. Hynrei imat ka kham juh ha ri khriat. Dang kham mynshuwa, la iathuh ha ki khlaw Upper Shillong ki khapngiah da kane ka dieng. Ka puh syntiew ha ki bnai June-July bad ki soh ki ih ha u October-November bad ki neh ha dieng haduh u January. Baroh ki jait

sim ki bam bha ia kane ka soh. Ka long kawei na ki jait dieng kiba la ring paitbah ia ki sim ba bun jait ban shong ha ki khlaw Lum Shyllong. Ka jingjyllei ki sim ha kine ki khlaw ha ka por Synrai ka long namar ba don kane ka dieng kaba pyndap jingbam ia ki.

Napdeng ki jait sim kiba bam bha bad wan paitbah ha Lum Shyllong ha ka por Synrai ka dei ka mrit. Kane ka sim ka wan kiew da ki phew hajar man ka snem. ka shong ka sah ha ki them, ki lhuh bad ki khlaw Lum Shyllong kumba saw bnai, bad ki phet noh ha u February-March.

Ia kane ka dieng la pynphriang symbai da ki sim kiba bam ia ki soh jong ka, bad da ka jinghap hi ki soh ha khyndew ha ka por tlang. Hynrei ha ka jingthang pluh ia ki khlaw ki btap ki syieng ki ban sa long ha ki bnai slap, ki la ing lut ha ka ding. Kumta ka jingwiang ding ha ki khlaw ka dei ka jingpynduh ba shyrkhei ia kane ka dieng.

**U Jaiur :** U Jaiur u dei na ka kynhun jong ki jait dieng shiah. U long uba dap da ki shiah baroh ki bynta jongu naduh u dieng bah, ki tnad bad ki sla ruh., Ki shiah ruh ki long kiba nep eh.

U Jaiur u long uba baroh ki pyndonkam kum uwei na ki jingshoh jingshain. U iadei eh ban tylliat tungtap etc. U long ruh uwei na ki jingbam jong ki sim ki doh ha kito ki jaka ba u don.

U Jaiur u puh syntiew ha u April - May bad ki soh ki ih ha ka por Synrai. Une u soh, u dei uba neh slem ha u dieng wat la u ih naduh ka por synrai, u lah ban neh ha u dieng haduh u bnai December-January. Ia u jaiur don kiba pyndonkam kum u dawai pang bniat. ki nongshoh dohkha pat ki pyndonkam ha kaba shoh wah ha ka jaka u khariew.

**Jaiur Jhur :** Kane ka dei ka jait dieng kaba don sha ri syaid. Ia ki sla jongka ki bam jhur haba ka dang khie lung ha ki bnai pyrem. Ki sla lung jong ka ki don shiah tangba ki long shiah jem, ki lung ki long byrsaw. Ka jaiur ka syriem shibun eh ia ka sngiat, lane ka payam kaba ki bsa ia u niang ryndia.

**Jaiur Khlam :** Une u dei u jait dieng shiah uba byriong. U long uba heh shiah bad nep hi her. Naduh u snep bad ki sla ruh kiba sma jlah, don ki jaka ba ki khot u sohsat. Ki soh jong u ki iadei ban ai dawai khlam syiar. Dei na kane ka daw ba ki khot u jaiur khlam.

**Ka Jalynnoh :** Ka Jalynnoh ka don ha ri tbian bad ri jrong ruh. Ka syriem shibun eh kia ka jaryndem. Shisien peit, lehse kiba bun ki lah ban ong ba ka dei hi ka jaryndem. Hynrei ka don ka jingiapher ha ka rukom phuh syntiew bad ki soh. Ka Jalynnoh ka don kynrei ha lum Shyllong bad ha ki ranab jongu . Ka sdang phuh syntiew ha u June. Katba ka nang phuh ka soh artad. Ki sim ki bam bha ia ka soh jong ka.

Ka Jalynnoh ka dei kawei lehse na ki mar khlaw kiba neh slem ki aiom phuh syntiew. Kumba la ong sha khmat ka sdang phuh syntiew. naduh u June bad ka shu iai soh haduh u November. Kumta, ki sim ki doh kiba bam ia ki soh jong ka, ki ioh ban bam haduh kumba san bnai lynter. Na kane ngi lah ban ong, ba ka Jalynnoh ka dei kawei na ki jingbam jong ki sim ki doh bad ka ioh bynta lang ha kaba bsa ia ki.

**Jalynnoh Skei :** Kane ka syriem hi ia ka jalynnoh heh tangba ki sla jong kane ki kham rit bad jrong. ka long kaba bang shibun ban bam jhur, ka jingmad ka long byrjup. Hynrei ka iadei eh ban tylliat bad ka tung tap. Kane ka mih ha ri khriat bad ngi lap ia ka wat hajan kliar lum Shyllong ruh.

**Jadaw :** Kane ka dei kawei na ki jait dieng kaba kordor eh, ka don tang ha ki ri war ba syaid. Katba lah ban lap, ka don tang ha ki jaka kiba jrong haduh kumba 1000 meter na sla duriaw. Ki sla ki don ka jingsyriem katto katne ka jingsyriem ia ka dieng muga. Ki soh ki syriem ia u soh rumdieng, bad u ih ha ki bnai June-July bad ka jingmad ka long jew byrjup. Ia ki syntiew jong ka pat u boi bha u ngap.

Ka dieng jadaw, ka kordor eh na ka bynta ki snep jong ka. La bun snem mynta, ka snep jadaw ka leit shalan da ki hajar quintal shisien shi snem. Ka snep jadaw ka leit shalan ryingkat ryingkat bad ka snep pyrshit.

**Jingpyndonkam :** Ia ka snep jadaw la pyndonkam na ka bynta ban ioh ia ka rong. Ha ka jingpyrshang ban wieh rong jain, la shem ba ka pynnuh la rong kaba stem blad. Hynrei haba khleh bad ka rong jong kiwei pat ki jait snep dieng kiba mih rong, ka ka pynnuh ia ka rong kaba itynnad. Kuinta kane ka dieng ka plie lad khamtam ia ki sanla jong ngi kiba iadei ha kane ka lain ban nang wad ia ka jingkordor jong ka. Ka long ruh ka dieng kaba pynnuh soh khlaw ban bam pyngngad ha ki bnai lyiur, ka por kaba kyrduh soh bha, nalar kata ki sim ki doh ruh ki bam bha ia ki soh jong ka.

Ia kane ka dieng la i dei ban don ka jingiada ba kan ym duh noh. Ka daw ka long ba ia ki jait dieng kiba leit shalan shabar, kan poi ka por ba ki lah ban lut noh khoit na ka jaka ba ki ju don.

**Ka Jalyngbieh :** Kane ka dei kawei na ki jait dieng kaba don tang sha ri war. Ka dei ka jait dieng kaba long diengbah. Ia ki soh jong ka ki bam bha ki sim bad ki soh ki ih ha ka por tlang. Ka dei kawei na ki dieng soh khlaw kaba bsa ia ki hajar ki sim ki doh jong ka ri War.

Kawei pat ka jingkordor jong kane ka dieng ka long ba, ka snep jong ka, ka pynmih ia ka rong ba itynnad ban wieh rong jain.

Kane ka dieng imat kam da don kynrei wat ha ki thain ri War. Khyndiat snem mynshuwa, ha ka jingleit lum ia ki spah markhlaw, ngi la iaaid na khlaw - na khlaw na naduh Wahkhen lyngba ka wah Rew shaduh Kongthong, hynrei, ngi la lap khyndiat ia ka. Ka por ka la dei ba kum kine ki dieng kiba kordor, ka la idei ban sumar tyngkai ia ki.

**U Japung :** U dei na ka kynhun jong ki jait siej, hynrei ym ju da pyndonkam ia u. U don kylleng ki jaka ka ri Khasi bad khap sor Shillong ruh u don byllai. U phuh jong une u japung u heh phum phum. Ia u Japung ju pyndonkam ruh ha ka tangmuri.

**U Japung Ktieh :** Une u jait japung u kham rit shibun ia u japung, une u don ka jngsyriem ia u khah.. Ha West Khasi Hills la lap ia u ha ki jaka madan ba long pynthor ruh. Une u jait japung u long uba leit kam bha namar ki pyndonkam ia u ha kaba thain shylliah.

**U Jaler :** U jaler u dei u jait jyrmie ba long ksai. Ha ki khlaw ki don bun jait ki dieng etc kiba pynioh ksai (fibre plants). U Jaler u dei u wei na kita . U ksai jong u wat um jrong ruh hynrei u long uba jwat shibun eh. Ia u ksai la shim na kito ki tnat lung kiba beit bad ba dang khie lung thymmai.. Ka jingpyndonkam kaba kham kyrpang ia une u ksai ka long ba ki ju khud niangdait, tangba ki pyndonkam da uba dang thymmai.

**Ka Jalmut :** Ka jalmut ka dei na ka jait dieng kaba don ha ri tbian bad ri jrong. La kumta ruh imat ka kham juh hapdeng ki ri khriat bad ri shit. Ka long ka dieng kaba khah tnat bad ki sla kiba rben bad jyngam bha. Ka phuh syntiew

ha ki bnai pyrem bad haba ka la phuh pura, ki phuh ki syriem ia ka khoh tangba ki long shrong ha ki rmiang, bad ki shrong jong ki ki khylliap shabar katno ki long kiba itynnad. Ia ki phuh jong ka ki bam bha ki briew. Don katto katne ki jait sim ruh kiba bam ia ki. Ka jalmut kam dei ka jait dieng kaba don kynrei. Ha ki por mynshuwa, ngi lap kynrei ha ki riat bad kyndon riat, hynrei mynta lah ban lap tang khyndiat eh ia ka.

**Ka Jalmut Shniuh :** Kane ka dei kawei pat ka jait Jalmut kaba syriem hi bad ka Jalmut. Kane ka kham heh u thlong jong ka bad ka don ki shniuh. Ki briew kim da kham bam ia ka. Kane ka jait ka kham rit dieng ban ia ka jalmut.

**U Jamynsleh :** Une u dei u kynbat uba don ha ki ri lum bad ri War jong ka ri Khasi. Ha ki jaka khriat u jyntang u jyntang u iap lut ha ka por tlang bad u khie lung biang ha ka por pyrem. Ha ki jaka syaid, um shym iap ha ka por tlang ruh. Don ki jaka kiba khot ia u , u Jathit, Une u kynbat, wat la ki jyntang ki iap ha ka por tlang, hynrei u tynrai u im bun snem, na ka daw ha u don u dohmet (tuber).

U Jamynsleh u dei na ka kynhun ki kynbat dawai. Ha ki por mynshwa, ki ju pyndonkam haba sum ne sleh khlieh, ki pyndonkam da kito kiba ioh beit na ka mariang kum ka wang nub, u soh pairah, u bat sabon, U Khang sabon, bad une u jamynsleh u dei uwei na kita.

Ka jingpyndonkam kaba kongsah eh ia u jamynsleh haduh mynta ka dei, ka dawai tah jingmong. Na ka bynta ki jingmysaw kiba rit, ka jingkum ot, jynthut, etc. U thied ne dohmet jong u jamynsleh u long u dawai uba bha tam. Haba tah da une u kynbat, ym donkam ban da teh namar u la dambit hi sbak. ki jingmong kiba rit baria tang hapoh ar ne lai sngi ka la jem.

**Jamyrwai :** Une u kynbat u don sha ki jaka syaid kiba ka jingjrong na sla duriaw ka long hapoh ka 1000 meter. Ia une u kynbat la shem buit ba u dei u dawai wieh lehse dang kumba arphew snem mynta. Ka jingjia ka long ba ki don ki nongrep (ia kiba ym shym laioh ia ka kyrteng jong ki) kiba leit sah miet sha lyngkha, ki la shet jhur da u Jamyrwai. Ha ka step kaba bud, haba ki leit bar, la mih bun u wieh, ki la pyrkhat lehse la shu jia ryngkhat, ki la pyrshang biang, bad la shem ba u wieh u mih. Kumta la nang bud ka jingpyndonkam ia u. Mynta la ia pyndonkam ia u kum u dawai wieh.

Ia une u kynbat, la iohi ha icwduh ruh ba la die paitbah ia u Jamyrwai, u im ha ka por tlang ruh. Hynrei u khie lung ha ki bnai pyrem. Shen hadien ba u la khie lung, u phuh syntiew, ki phuh ki stem bha, bad ki soh ki kham heh ia u sohmrit.

Ha kane ka juk kaba ka jingstad science ka la iaied sted, bad ka jingwad bniah ia kiei kiei baroh ki long da ka jingshem ka science, ka la dei ka por ba ngin tohkit bniah ia une u kynbat ruh. Hynrei ha kaba leh kumta, lehse kan bha ban test ha ki ar aiom, ka por ba u khielung bad ha ka por ba la iaw ki sla, namar ba hangne ruh don ka jingbuhrieh ia ka jingmaian ka mariang.

**Ka Jamynrei :** Kane ka dei ka jait dieng kaba rit kaba don ha ki ri jrong. Ki sla jong ka ki long kiba rit, ki jyrngam na sha jrong bad lieh na ka liang kaba shapoh. Ki nongrep phan ki ju ong ba ka jaka kaba don bun ka jamynrei ka long kaba bha ban rep phan. Kane lehse ka dei na ka daw ba ka iarap ban pynsboh ia ka khyndew.



**U Jamyrwai rit sla :** Une u jait ruh u mih ha ki juh ki jaka ba don u Jamyrwai heh sla, don kiba shem ba une u jamyrwai rit sla u kham khlain ban ia uba heh sla. Ka jingpyndonkam ia u jamyrwai la u long uba heh sla lane uba rit sla ka don ar rukom. Kawei ka long da kaba shu tylliat ia u sla jong u, khem ia ka um bad dih; kawei pat ka jingpyndonkam ka long da kaba shu shet ia u bad sa dih.

**Ka Jamynrei ri tbian :** Kane ka dei kawei pat ka jait dieng rit kaba khah tnad bad lap bun ha ki rud wah bah. Ha ki por lyiur haba la wan ka jingshlei, ka um ka tap lin ia ka. Haba la hiar ka um, ka la khie biang bad ieng kumjuh, hynrei ki synrum synram kiba ka um ka kit ki la snoh rynjain ha ki tnad jong ka. Nalor kata, kam ju lah ban ieng beit na ka daw ka jingkhia ki synrun kiba snoh ha ka, bad ruh na ka jingtyllep jong ka um saw man ka teng.

Ka dieng jamynrei ka long ka dak jong ka jingshem jynjar lynter ha ka jingim briew. Haba ki ong iano iano ka “ka Jamynrei” la sngewthuh haduh katno ka jingshem jynjar lynter jong ki.

**Jajew skei:** Une u dei u jait nuit uba jyrngam ki sla, u mih kynrei ha lum bad ki madan madiyah, ki sla jong u ki syriem shibun eh ia ka matbang. Ki phuh jong une u jajew skei ki long kiba lieh sada, kumta haba u phuh lang baroh, katno ka itynnad, i kumba la tap da kaba lieh ia ki madan madiyah.

**Ka Jakrai :** Kane ka dei ka jait dieng kaba don kynrei ha ki jaka bym da shit eh bad da khriat than. Ka long ka jait

dieng kaba rit sla, ki soh jong ka ki long shatoin syriem ia ki soh laper. Ka long ka dieng kaba khah tnad bad khah sla eh. Ka dei kawei na ki jaitdieng kiba ka sohlyngngem ka wahku ki juh eh ban thaw skum ha ki tnad jong ka. Ha ki por mynshwa ba dang ia pyndonkam pliang dieng, ka dieng Jakrai ka dei kawei na ki jait dieng kiba ju pyndonkam ha kaba thaw pliang dieng. Ka daw ba ki jied ia ka, dei namar ba ka dieng ka long byrtem itynnad bad namar ka jingjlih tyrsiang jong ka.

**Ka Jakrai Lum :** Kane ka jait dieng ka don ha ri khriat. Ka long kaba byrlieh dieng bad tyrsiang ka snep. Ki sla ki heh syriem kat ka sla tyrphin. Ka phuh syntiew ha u bnai May, ki soh ki ih ha u bnai tlang. Ki soh haba ki la ih ki saw hoin hoin. Ia ki soh jong ka, ki bam ki sim, hynrei u bam bha eh u risang. Kane ka jait dieng kam don bun, ha ka thain u lum Shyllong lah ban lap tang khyndiat tynrai.

**U Japong dung :** Une u dei u jhur khlaw uba don tang ha ki ri tbian u dei u kynja dieng rit uba khie lung ha ki bnai Pyrem. Ki sla ki syriem ia ki sla jali tang ba ki ran khron khron. U phuh syntiew ha u bnai August bad ki phuh ki lieh bha. Ha ka por ba dang lung, u jem jai jai kum u tyrso.

**Jalyniar prohsia :** Une u dei u jhur kthang uba mih kynrei ha shnong. U mih ha ki kper ki phrah, harud ki surok bad lynti shnong. Ha ki jaka ba sboh u sei tnad bun tylli, ki sla jong u ruh ki don ki shrong ne proh haduh san-hynriew tylli katkum ka jingjrang ki sla. ha ki rmiang sla u thaw shiah da ki sla jong u hi. Une u jhur u long uba ki briew ki ia bam paidbah. Ka jngpynphriang symbai jong u ka jur eh na ka jingrah ka lyer.

**Jamyrdoh :** Une u dei u jait jhur uba bang shibun. U don la ka jingsma jamyrdoh kaba khlain bha, u don kynrei ha

ki ri jrong ba khriat bad u kham juh ha ki jaka dymmiew. Ki thied jong u ki long kiba lieh bad suh jngai hapoh khyndew. U phuh syntiew ha ki bnai June-July, ki phuh ki long kiba rit bad lieh sada. Ia u jamyrdoh ki briew ki bam naduh u thied, u jyntang bad ki sla.

**U Jangew :** Une u dei u jait jhur kthang uba la ju don naduh kulongkumah. Ia kynthoh ia u ha ka jingiathuh khana jong u Sier Lapalang. Kat kum ka jinglong jong ki jyntang bad ki sla jong u, u jangew u don bunjait. ki don u jangew, jangew saw bad u jangew kynthong Nangta don u jangew pyllon bad u jangew shrong.

U jangew saw u long uba khampher shibun. ki sla jong u ki byrsaw na ka liang kaba shapoh. U jangew kynthong u kham jrong ki wang sla. U jangew pyllon ruh la khot kumta dei na ka jingpyllon ki sla. u jangew shrong ruh la ong kumta namar ba ki sla jong u ki don shrong.

Kawei pat kaba ngi iohi ha u jangew ka long ba ki sla jong u haba ki la iaw ha ki bnai synrai, ki thoh itynnad shibun, khambunsien ki jingthoh dei kaba iong umreit. U phuh syntiew ha ki bnai October-November, ki phuh kiba khleh rong japang itynnad eh.

Kawei kaba sngew sammut ka long ba haka khanatang u Sier Lapalang u la pynpaw kyteng ia u Jangew bad Jathang kine baroh ar jait ki don ha ri lum bad ka por phuh ruh ka ia jan, tangba u kham phuh lap u Jathang khyndiat ban ia u Jangew.

**U Jalkhan lieh :** U jalkhan u dei na ki jait ba pur ha ki dieng, u don kynrei ha ki ri tbian bad ha ri jrong ruh, ki sla

jong u kiba jem bad jew byrjup, ju pyndonkam ia u kum u jhur ha ka por ba u dang lung. Une u jait u long uba soh bun rynjup-rynjup, ki soh ki rit syriem kat ki soh jaiur bad haba ki la ih ki saw hoin hoin. Ki sim ba bun jait ki bam bha ia ki soh Jalkhan.

**U Jalkhan iong :** Une u jait u don tang ha ri tbian. Ki sla ki syriem hi ia u Jalkhan lieh, tang ki jyrmie jong u ki sohkhruh pyllon pyllon bad iong. Na une u Jalkhan lah ban ioh um bad ka um ka long kaba bha ban dih. Haba la lap ka jingsliang ha ki jaka ba u don, ka rukom ban ioh um na u ka long da kaba shu pam ia u jyrmie tbak, nangta pam lyngkhot ha ka jingjrong kumba 4 ne 5 phut tang shu pam kumne ka um ka la tuid hi shaid shi shaid, sa shu pynap beit ha ka jingdiang lane ha ka shyntur.

**U Jalkhan heh :** Une u dei uba heh tam na ki jait jalkhan baroh um shym da pur ha ki dieng, la kumta ruh ki tnad kliar jong u ki shu kyrshan ha ki dieng kiba ia don marjan. Ha ka shitynrai u iamih bun lymbrum. Ki soh jong u ki heh kat ki sohriew, haba ki la ih ki lam byrsaw malu mala. Ia une u jait namar ba u heh symboh, ki bam tang ki sim kiba heh. Ki sla jong u, kim shym jrong kum kiwei ki Jalkhan, nangta kim shym jyrngam hynrei stem blad kum ka sla peinkhar.

Ia u Jalkhan heh ym ju lap shuh la bun snem mynta. Une u ba la buh jingkyrmaw hangne, dei uba long harud ka wah Mawpen hajan shnong Kshaid, uba ngi ju leit kiew bad riam sim ha ki tnad jong u, ha ki snem 1945-46.

**Jalyngkhan :** Ka Jalyngkhan ka dei napdeng ki jait dieng rit kaba don kynrei ha ri tbian bad ri jrong. Ki sla jong ka ki jrong, ki jyrmgam bha na sha jrong bad lieh sha ka liang kaba shapoh. Ka phuh syntiew ha ki bnai Synrai, bad ia ki phuh

jong ka ki kjit ki sim rit. Ka long ruh kawei na ki jait dieng kaba ki pyndonkam ha kaba khleh dawai pangmet. Ka jalyngkhan ka dei kawei na ki jait dieng kaba ki nongphawar ki pyndonkam bha. Kane lehse ka dei namar ba ka kyrteng Jalyngkhan ka ia biang eh ban buh ha ka rhyme bad ka rythm.

**Jalthan :** Kane ka dei kawei pat ka jait dieng rit kaba don kynrei ha ki khlaw ki btap, tangba kam don ha ri khriat. Ka phuh syntiew ha ki bnai May-June bad ki phuh ki long kum ki sla hi, hynrei kiba lieh sada eh. Ki soh ki long shaltein bad jyrngam, lah ban iohi bha ia ki phuh Jaltham hangno hangno ba ki don.

**Jawieh rajj :** Une u dei u nuit uba pur ha ka madan madiyah, ki sla kiba rit. U phuh syntiew naduh u bnai May ki phuh ki lieh bha bad kiba rit. Ia une don kiba pyndonkam kum u dawai niang dait da kaba khleh lang bad kiwei ki kynbat.

**Jalieh dymmiew :** Kane ka dei ka nuit kaba heh sla bad ki sla ki pyllun. Ka bun bha ha ki jaka dymmiew. Ki sla jong ka ki jyrngam na sha jrong bad lieh na shapoh. Ki iasyriem shibun bad ka jatung tangba kam rit kum ka sla jatung. Ka sei phuh ha ki bnai synrai bad haba ka la phuh ka sei ki jyntang phuh kiba jrong palat ryningbriew. Ia ki syntiew jong ka u boi bha u ngap, ka rta jong ka ka long tang shisnem.

**Japu :** Une u dei u jait niut uba don ha ki jaka shit bad jaka khriat, hynrei niar eh ban lap ia u. Ki sla ki syriem ia u Jalyngiar tangba u heh bha. Lada dkhat, ka mih ka thit kaba lieh kum ka dud. Hynrei haba ktah ia ki sla, la dei ban da thet ia ki kti, lym kumta ynda bam jingbam ruh ka kti ka sat japu.

**Ka Jakba :** Kane ka dei ka dieng kaba don kylleng ka ri khasi. Kane ka dieng ka long kaba eh, tangba ka bym beitt dieng, ka phuh syntiew ha ki bnai synrai, ki phuh ki lieh bad u boi bha u ngap. Ia kane ka dieng sha Khadar shnong ki khot ka shitmuid kynthei.

**Jalong :** Kane ka dieng kaba jlih bha ki snep, ka don bun sha ri Bhoi. Ka khie lung ha ki bnai Pyrem bad ia u phuh jong ka ki bam jhur, ki soh jong ka ki long kum u ri.

**Jamiyang :** Ka dei ka dieng rit kaba don bun ha ka thain Upper Shillong, ki dieng ki lieh bad ki sla kiba khah bad jyrngam byriong. bad long shrong kiba rit ha ki rmiang. Ka phuh syntiew ha u bnai May, ka long ka jait dieng kaba phuh bun haduh katta, ba ha ka por phuh, i kumba ka da khia hi jun. Ki soh jong ka haba ka la ih ki long byriong.

**Ka Jamiyang synrai :** (Ternstomoccae camelia Sp.F.Theaceae). Kane ka dei ka Jamiyang kaba syriem eh ia ka Jamiyang Pyrem. Hynrei kane ka phuh syntiew ha u bnai October-November. Ki phuh jong ka ki long kiba iwbihi shibun eh, ha ki por ba ka phuh, la suhsieng iwbihi naduh jngai da ki syntiew jong ka.

**Jashiah :** Une u dei na ki jait sier uba jrong sla syriem ia ki sla u sier laidong. Ki phuh jong u kiba itynnad shibun kiba long byrsaw. Ia ki phuh jong u, don ki jaka ba ki pynleit ha ki jingkhia ha ka por ot kba.

**Jaler lum :** Une u syriem shibun ia u Jaler khlaw. Ki sla kiba jyrngam bha. Don kiba pyndonkam ia u na ka bynta ka suh kpoh. Sha Nongpiur, ia une u niut ki khot u Japew kata sha Nongbsap ki ong u Jaiong.

**Jakhawshoin :** Kane ka dei ka jait dieng rit kaba don tang sha ri tbian ka long kaba shroin dieng shibun eh. Ka phuh syntiew ha ka por tlang, ka long kaba phuh bun haduh katta katta. Ia ka phuh jong ka ki bam bha ki sim shoin, kiwei kiwei ki sim ruh ki ia bam.

**Jashun :** U dei u jait niut uba mih kynrei ha ka thain Upper Shillong u sla u syriem ia u bat niangdkoh bad phuh syntiew ha ka por Synrai. Ki kynnah ki shait ia bam saw da u Jashun.

**Japri :** Une u dei u jait jyrmie uba don sha ri war. U don shiah ha ki mat bad u sla u syriem ia u sla shwi. Une um da long ban teh jingteh.

**Japri lum :** Une u kynbat u don sha ri lum. Une pat um pur kum u ba don sha ri war. Ki sla ki syriem ia u sla shwi. Ki phuh jong u pat kiba rit bad lam byrsaw.

**U Jajew shiliang :** Une u dei u jait jajew uba mih tang ha ri tbian. U juh ha ki jaka krem bad jaka maw. Ki sla jong u, i kumba la ot shiliang. Dei na kane ka daw ba la khot u jajew shiliang. U long dawai ia ka suhot bad pynhiar kpoh. Lada shu bam im ne da shet ruh, u iadei na ka bynta ka kpoh. U long ruh u ba ki ju bam jhur.

**Jajew shyrtong syiar :** Une u dei u jajew uba heh sla. Ki sla ki long shrong heh, u phuh jong u u isyriem ia u kpieng jong u syiar kynih. Dei na kane ka daw la khot u jajew shyrtong syiar. Ia une u jajew ki ju pyndonkam ban kyllan khlieh haba pang shit. Ki shu tyllait bad khem ia ka um, une u jait u iadei wat ha ri khriat ruh lada thung ia u, hynrei ki jaka ba u mih hi ka dei tang ha ri tbian.

**Jajew saw :** Une u jajew u mih ha ki syndah maw heh, ki wang bad sla ki saw. Ki phuh jong u ruh kiba saw hoin hoin.

**U Jajer :** U jajer u mih ha ri tbian bad ri jrong, u don jingsyriem ia u jaut. U phuh lieh bad phuh ha ka por Synrai.

**U Jawieh :** U juh bha ha ki jaka sngem bad ha ki phud. U jyntang bad ki sla jong u kiba jem .

**U Jaum :** Une u juh eh ha ki phud khamtam ha rud wah. Ki sla jong u kiba jem.

**Jasieh :** U long u jait kynbat uba jem shibun u mih ha ri tbian bad ri jrong. U phuh ha ka por synrai. Ia u jasieh ki ju theh sniang bad long wat ban bam ki briew.

**Jalynnoh Skei :** Ki sla jong kane ka jait ki kham rit bad kham jrong ban ia ki sla jalynnoh. Ka long kaba bang eh ban tylliati bad ka tungtap. Lah ban lap ia ka haduh Lum Shyllong hadien ka Bangla u Lat.

**Jalbuit :** Kane ka dei ka jait dieng rit kaba mih kynrei sha riwar. Ki sla jong ka ki jrong bad jyrngam bha. Ka sla jalbuit ka long kaba kthang eh bad ka dei ka dawai suh kpoh kaba bha.

**Dieng janai :** Kane ka jait dieng ka don tang sha riwar, ka soh jong ka ka dei ka dawai suh ot kaba bha shibun. Ka phuh syntiew ha ka por pyrem, bad u soh jong ka u long uba heh syriem kat ka soh ski.

**Jating :** Une u dei u jait jyrmie uba eh bha u jyntang. Ki shiah jong u ki kdor. Ia une u jyrmie ym ju ia pyndonkam ban teh jingteh.



**Japiur :** Kane ka dei ka jait dieng rit kaba don tang ha ri jrong. Kane ka dieng ka hap sla ha ka por tlang. Tang shu poi u bnai January ka la khmuin phuh bad sdang phuh naduh ka taiew ha khatduh u January. Kaba pher ia kane ka dieng ka long ba ka mih shwa ka phuh, hadien bala jlop u phuh, ka sa khie lung. Ia u phuh jong kane ka dieng ki bam jhur. Ki phuh jong ka ki stem itynnad shibun eh. Ha ka por ba ka phuh heh la iohi ba shu stem mur ki lum ki them baroh.

Ka Shong Nongpiur kaba don hajan ka Elephant's Falls ka la ioh kyrteng na kane ka dieng, ka daw ka long namar ba ka bun eh ka dieng piur ha ki por mynshuwa. La iathuh uwei u riew tymmen na Nongbsap, u ong, dang kham mynshwa ha ka por phuh ka Japiur shu stem mur u lum Nongpiur. Kane ka dieng ka don kylleng ha kiwei ki jaka ruh. ha ka Surok Shillong-Nongstoin lah ban iohi lynter lynti haduh ka shnong khlieh Mawlieh. Ha surok Jowai ruh kumjuh, hynrei ka bun eh ha ka riat shwa ban poi Jowai. Sha lynti Sohra, lah ban iohi haduh Laitryngew.

**Japiur iong :** Ka long kaba lyngkot ryenieng, ki sla ki syriem ia u slashi ki syntiew jong kane ka dieng ki long kaba lieh, sada, imat la khot Japiur iong dei na ka jinglong jong ki sla.

**Jasat :** Une u dei u niut uba jem uba don kynrei ha ki lynti shnong. U phuh syntiew khlem por, wei la heh ryenieng u phuh artat bad phuh lieh. U long uba pynsboh ia ka khyndew. Ki don ki nong ri-sniang haba ki lap ba ka sniang ka don jynrein ki ai da u jasat bad ka sniang ka koit.

**Jakhiiong :** Kane ka dei ka Jakhi kaba heh dieng, ki sla ki jyrngam pali, ki phuh pat ki saw blad bad kiba rit.

**Jakhi Sniuh :** Kane ka Jakhi kaba bun shniuh bad ki sla kiba jem bha.

**Jakhi rit :** Kane ka jakhi stem ka don tang ha rit bian. Haduh mynta la lap ia ka ha ki jaka kiba jrong 1000 meter na sla duriaw. Ka kham mih bha ha ki jaka mawsiang kiba don khyndew stang. ka dei ka jait jakhi kaba rit dieng, ki sla ruh kiba rit. Ka phuh syntiew ha ki bnai Synrai bad ki phuh ka saw blad.

Kane ka jakhi ka long kaba kordor eh. Ki sla jong ka ki pynmih ia ka rong light blue kaba itynnad bad ia kane wieh rong jain (vegetable dyes) ka long ka jingshisha ba ym pat shym la test ia kane ka rong kan long kaba neh (fast colour ne em. Hynrei ka don ka jingkyrmen ban lah ban pynmih rong ia ka da kaba shet lang bad kiwei pat ki jait sla dieng kiba ki nongthain jain ki pyndonkam ha kaba shet ksai khnang ba ka rong kan neh (fast colour).

**Jakhi nuli :** la kane ka jakhi lah ban lap sha ri Bhoi. Kane ka dei kawei pat ka jait Jakhi kaba kordor eh. Naduh hyndai hynthai ki nongthain jain sha Ri Bhoi ki la pyndonkam ia ka ha kaba wieh rong jain (dyes). na kane ka jakhi, ki ioh ia ka rong jyrngam. Hynrei ki wieh rong tang ha ka jain kynphad (cotton cloth) ha u ksai ryndia pat kam dambit.

Ha ki por mynshuwa ki nongthain jain kim ju thied rong na iew na hat, haba ia kita ki jait rong ki lah ban ioh beit na ka mariang hynrei mynta ki la kham iasngew suk da kaba ki shu thied na iew. Kane kan ialam suki suki ba ki briew ki lah ban klet syndon ia ka spah mariang . la kane ka jakhi nuli ruh kim da ialeh shitom shuh kum nynshuwa ban shet rong ia ka. Kumta la idei ban ia pynshlur ia ki briew jong ngi ban ym iehnoh ia ka, hynrei ban wad ki lad ban nang pynbha ia ka rong nuli.

**Jaiing :** Une u dei u jait jhur uba syriem ia u tyrso, hynrei u wang um ju lyngknep kum u tyrso, u sla u jyrngam bha. Ia une ki bet tang ha dympuin tang shu lah thang ia ka shyrtie. Ia u Jaiing ki bet ha u March bad ioh bam naduh u bnai May haduh u October - November. U long u jhur ba bang shibun eh.

**Jalngap sohriewlong :** Kane ka dei ka dieng kaba don sha ri tbian, ka dieng jong ka haba la shtah ka stem kmur kmur, ka long ka jait dieng kaba ki khein diengiing. La khot ia ka, ka Jalngap sohriewlong dei na ka jingheh bad jinglong ki sla jong ki kiba syriem ia ka diengsohriewlong. ka snep jong ka ruh ka kham rben.

**Jalngap shymprong :** kane ka dei ka jait dieng kaba bha eh na ka bynta ka diengiing. Ka stem dieng bha kmur kmur haba la shtah ia ka. La khot ia ka ka Jalngap shymprong dei na ka jinglong jong ki sla kiba long shrong. Kane ruh ka don ha ki juh ki jaka ba mih ka Jalngap sohriewlong.

**Ka Jarsang :** Kane ka dei ka jait dieng kaba don sha Ri-Bhoi ki soh jong ka ki ih ha ka por tlang bad ka dei kawei na ki jingbam jong ka skei.

**Jasar :** Une u dei uba mih ha ki khlaw ki btap tangba u kham don ha ki jaka syaid. U soh u syriem shibun eh ia u kerala tang ba u kham pyllon. Don kiba khot ia u, u soh kroi.

**U Janei :** Une u dei u jhur khlaw uba jyrngam naduh u jyntang haduh u sla ruh u kham juh ha ki jaka dymmiew, ha ka por pyrem u khielung bad dei tang ha ka por ba u dang lung ki bam jhur ia u. Ki phuh jong u ki long lieh bad phuh syntiew ha ka por synrai. (Une u don sha Kensimphlang).

**Ka Jaryndem :** Ia ka Jaryndem ngi lap tang ha ri tbian. Ka long kawei na ki mar khlaw kaba, shisien peit kam da i don dor eh, hynrei ka long pynban kaba ioh bynta ha kaba ai jingmyntoi lang. Ia ki syntiew jong ka u ioh jingbam bha u ngap. Ka long kaba phuh bun bha, ki phuh ruh kiba lieh shait-shait. Ngi ju lap ba u ngap u juh bha ban rong syntiew na ka Jaryndem.

Ki soh jong ka ki long kiba rit bad haba ki la ih u byriong itynnad ki sim ba bun jait ki ia bam bha ia ki soh Jaryndem. Kumta ka ioh bynta ha kaba pyndap jingbam ia ki sim ki doh.

Ha ki por mynshwa ba ka don bun ha ki lum bad ranab lum, ha ka por ba ka phuh syntiew, namar ba ka long kaba lieh, katno ka pyniphuh iphieng ia ki lum bad ki them. Kumta ka ioh bynta lang ha kaba rah ia ka jingmut jingpyrkhat jong u briew sha kiei kiei kiba bha, namar haba phai sha ka jingitynnad ka mariang ka iarap ia u briew ha kane ka liang.

**Japang:** U Tiew Japang u dei u syntiew uba la don ha kine ki lum bajrong naduh kulong - kumah. U don tang ha ki ri khriat kiba kynjang kumba 1600 meter na sla duriaw arted. Ha ki jingwad bad lum jingtip yn lap ia une u syntiew ha ki jaka kiba kham tbian ia katei ka jingjrong.

Ia une u syntiew ha ka kyrteng science ki khot “Probila denticulata” U phuh syntiew tang shisien phuh ha ka shisnem bad ka Aiom phuh dei ha ka por Pyrem. U long u syntiew uba i shongkun, ryngkat ka rong Japang ba itynnad. La ju khot ruh ia u, “U Tiew Japang spong khor.”

Ka jingphuh jong ki syntiew ki skud, ka pynbna ia ka jingkylla ki aiom. Ka jingphuh u Tiew Japang ka pynkynmaw

ba ka Pyrem ka la poi. Kumta u Myllung Soso Tham u rwai kumne shaphang u Tiew Japang ha “Ka Pyrem.”

Ko pyrem, ko pyrem,  
 Ki umpohlieu ki la bthei,  
 Ha ki kper bad ki lyngkha  
 Ka jingim ka shlei.  
 Ha ki lum ba pyngngad  
 La phuh u Japang,  
 Ki masi ki mastieh,  
 Ki rypsied ki khun blang.

U Japang u dei ruh uwei na ki jait syntiew kiba la ioh jaka ha ka khasi literature. Nalor kata lada ngi don por ban pynleit jingmut ia ka Mariang, ngin shem ba u longshwa jongngi u pynphalang ha ka kup ka phong (Costume) ia kaei kaba u iohi ha ki syntiew ki skud. Kumta ngi ioh ia ki jingong u U Tiew Japang spong khor, u Tiew Jathang spong lieh bad uwei pat, u Tiew sympat jympien.

U Tiew Japang mynta u la nang jah nangjah na ki jaka kiba u ju don mynshwa. Ha u lum Shyllong u don bun bha mynshwa hynrei mynta ym ju lap Japang shuh.. Mynta dang lap ia u sa tang ha ki katto katne ki jaka sha nongkyndong.



**Japang**



**Jalmut**





**Jalkhan**



**Ka Jalu**

**Jadaw**



**Jakhaiñ Khasi**





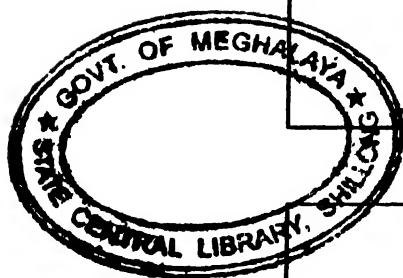


**U Jangew**



**Jarumshiah**

**Japroh**



**Jalmut**





## Ki kot da u juh u nengthich

1	Khasi Copy Book Book 1	1964
2	Khasi Copy Book Book 2	1965
3	Khasi Copy Book Book 3	1967
4	Khasi Copy Book Book 4	1967
5	Ki Sui Ha La Ri	1968
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12	Ki Sim ki deh bad ki jingbam jong ki ha Lum Shillong	1989
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15	Ki Khilaw ki Dap bad ka khun Ri Njia	2007
16	Ka Grah Maning ha Meghalaya	2007